



# MIND AS AN ACTIVITY

## THREE PARTS OF MENTAL EXPERIENCES:

- **Viññāna** : Process of Perception (*Perception*)
  - what was perceived through the sense organs;
- **Mano** : Cognitive Process (*Cognition & Conception*)
  - categorized interpretation (*papañca*) of the perception by giving meaning (*nāma*) to what was perceived (*rūpa*);
- **Citta** : Affective Process (*Mood / Temperament*)
  - emotional reaction (*tanhā*) from emotional excitement to pleasant & unpleasant feelings (*vedanā*) giving rise to mood or temperament (emotional state of mind);
  - personalizing (*upādāna*) the experience leading to the notion of a self-centered existence.